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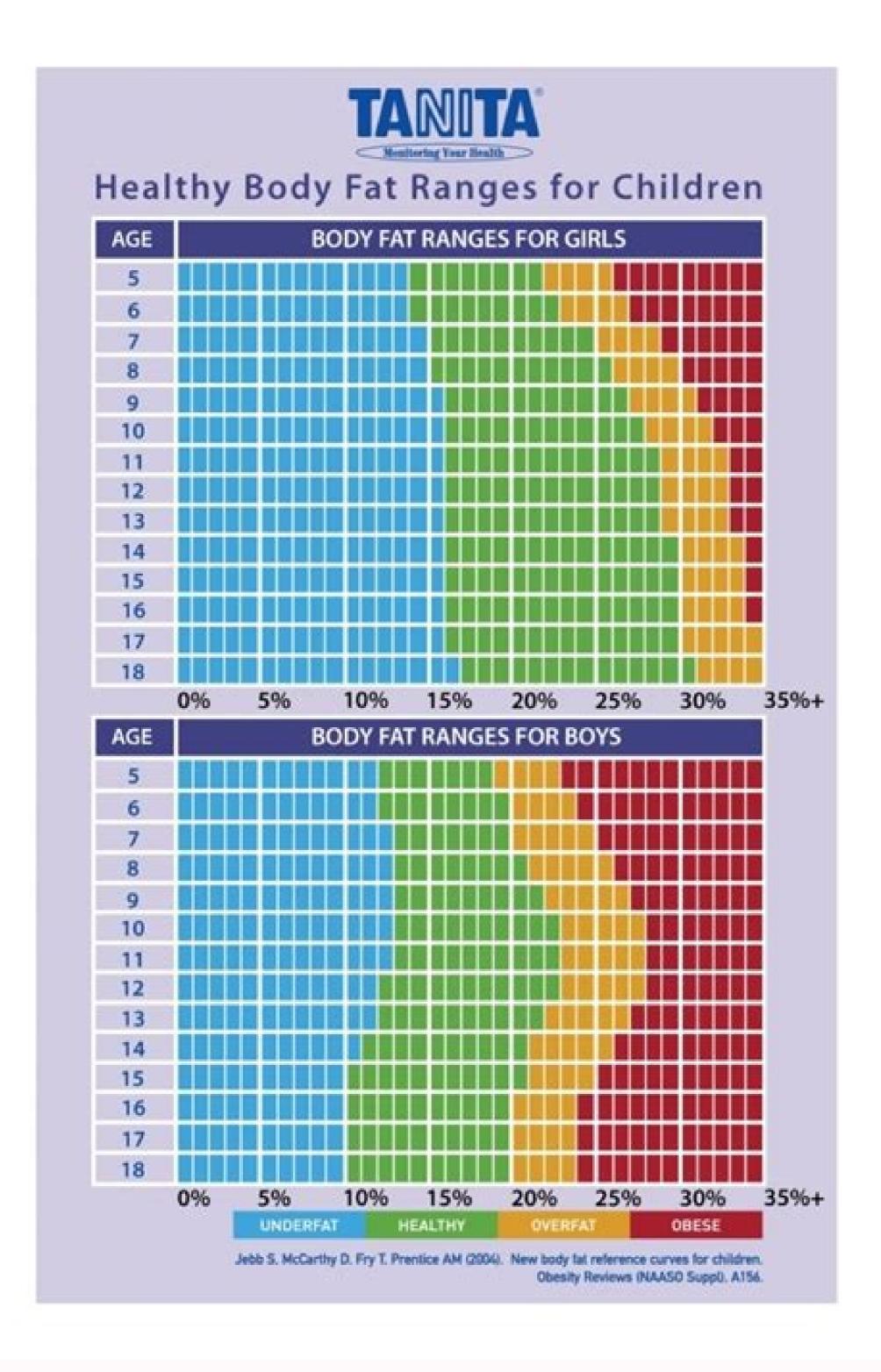
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Name Jane Richards Age 35 years-old Gender Female Height 5 feet 11 inches Weight 84.00 pounds BMR 1189.60 calories/day

MEAL PLAN	DAYI	DAY 2	DAY 3	DAY4	DAYS	DAY 6	DAY7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAGAST	BREAKFAST
						SMOOTHIE (Mix all ingredients below together in a blender)	
1 Protein Unit	1/2 out fat free vanilla yoghurt	175mi fat free milk	175ml Fat Free Yoghurt	1 Boiled Egg, with Grilled Tomato	30g grated low fat cheese	1/4 cup fat free Yoghurt & 1/4 cup Fat Free Milk	40g Grilled Eippet, with grilled tomatoes & mushrooms
1 Starch Unit	1/2 cup All bran or Hi-Fibre bran	'X cup outs spoked in the fat free milk	1/2 cup Swiss-style murali	1 slice Rye bread or seed loaf. Toasted	1 low Gl bran muffin	2 This, out-brain	1 slice low G bread toxited
1 fruit Unit	2 Thop, raisins	1 sleed Banana	5 Steed Strawberries, added to cereal	1/2 cup freshly Squeezed Orange Juice	1 small banana	1 smill Banana & 80g Mango	1/2 small mange
1 Fut Unit	1 Thip flaked almonth	2 top. peanut butter, added to porridge	1/2 Thisp. flaked almonids	2 tsp. peanut butter	(fat in multin)	1 Tosp. flaked almonds	2 top. peanut butte
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 Pruit Unit	I Yellow Cling Peach	3-4 Strips Dried Mango (30g)	1 Large Apple	4 slices fresh Pineapple	1 Pear	1 Cup Fruit Salad (140g)	A handful of grape
LUNCH .	LUNCH	EUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 Protein Unit	1 TRSP Fail Reduced Hummus & 20g (2-3 slices) Shaved Turkey	2 Chicken Strips	30g Smoked Salmon	30g Seef Strips	1/2 tin of tune or salmon	30g Clover low fat chaese	2 mini Chicken Kebabs (40g)
1 Starch Unit	1 slice tow Gi Seed Bread	2 mini Pita Breads, lightly toasted	1 slice seed bread	3 small cooked Mealy	1/2 cup cooked pasta	3 Provitas or 2 Rystas	1 cup cubed sweet potato, to roust
WITH Vegetables	Rocket, Lettuce, Sliced Tomatoes, Cucumber & Spring Onions	Fill pita with fresh contander, charry tomatoes and sweet Peppers	Butter Lettuce, Cherry Tomatoes, Pickled Cucumbers, Sprouts & Snap Peas	Shredded Coleslaw, grated Carrots & Diord Cucumber	Lettuce, rocket, diced Carrots & Grated Beetroot	Butter lettuce, Rosa Tomatoes, Orange Peppers & sliced Onion Kings	Roasted Vegetables: diced Pumpkin, Brinjah, Sweet Peppers, Mange tout Peas, Oreen & Garlic

NSA	VITY		Start Date 6/27/2011	End Date 8/28/2011		Use Red X When Day has been
			Month 1			completed
Monday 6/27/2011 Fit Test	X Tuesday x 6/28/2011 Plyometric Cardio Circuit	Wednesday 6/29/2011 Cardio Power & Resistance	6/30/2011 Cardio Recovery	7/1/2011 Pure Cardio	Faturday 7 7/2/2011 Plyometric Cardio Circuit	5unday 7/3/2011 0ff
Monday 7/4/2011 Cardio Power & Resistance	7/5/2011 Pure Cardio	Wednesday 7/6/2011 Plyometric Cardio Circuit	Thursday 7/7/2011 Cardio Recovery	7/8/2011 Cardio Power & Resistance	Saturday 7/9/2011 Pure Cardio & Cardio Abs	Sunday 7/10/2011 Off
Monday 7/11/2011 Fit Test	7/12/2011 Plyometric Cardio Circuit	Wednesday 7/13/2011 Pure Cardio & Cardio Abs	Thursday 7/14/2011 Cardio Recovery	7/15/2011 Cardio Power & Resistance	Saturday 7/16/2011 Plyometric Cardio Circuit	Sunday 7/17/2011 Off
Monday 7/18/2011 Pure Cardio & Cardio Abs	7/19/2011 Cardio Power & Resistance	Wednesday 7/20/2011 Plyometric Cardio Circuit	Thursday 7/21/2011 Cardio Recovery	Friday 7/22/2011 Pure Cardio & Cardio Abs	Saturday 7/23/2011 Plyometric Cardio Circuit	Sunday 7/24/2011 Off
Moves		Fit Test 1 (Day 1) 6/27/2011	Fit Test 2 (Day 15) 7/11/2011	Fit Test 3 (Cay 36) 8/1/2011	Fit Test 4 (Day 50) 8/15/2011	Fit Test 5 (Day 60) 8/28/2011
 Switch Kid Power Jac Power Kne Power Jun Globe Jum Suicide Jun Push-Up J Low Plank 	ks ees nps ps mps tacks	70 51 94 32 8 18 19	77 58 107 62 8 21 27			





Although there are several mothers, the measurement of body fat with pinnates is among the most fancies and most accurate made by health and fitness professionals. All measures on the right side of the body. The table below provides percentage standards of body fat established for men and women based on Varius Categories of Saãode and Fan Conditioning. It is important to understand that muscle weight can increase even when the participation of the exercise is limited to the aerial activity. Thus, helping customers work in direction to weight loss if they are overweight or obese can have a deep positive effect on their lives. ¢ â â € suprailium: ¢ â € this fold of the skin is diagonal and located in the hip bone mountain range (the ilaaca crest). Enter the measure and age of the person in the fan of Jackson-Pollock. It is a good idea to repeat the measurements at the same time of the day under the same conditions ", Amanda Mancini, fitness coach certified by the National Academy of Sports Medicine (NASM), a specialist in weight loss and expert specialist specialist specialist corrective, told Livestrong. com. This is crucial for reassessment when you want to compare fat loss and maintenance or thin weight gain with the original values of the client's base line. These equations are based on the sum of the measurements performed in local transactions. In addition, the skin bending measurements should not be performed on the exercise, because the transfers of fluid to the skin should be performed. It can result in overestimations, Of the many equations to estimate body composition, two developed by Jackson and Pollock (1985) so the smallest margin of error for the general population. "To use a body of body fat is the first thing in the morning, before eating, drinking, ma Lhar or take a shower. For the results to be vain and trustable, the skin folding measurement to the following. A helper will be necessary to get the pinch. Body density = 1.0994921 - - x The sum of the TRANCEPS, waist and thigh skin folds) + (0.0000023 x The square of the sum of the TRANCES, waist and thigh skin folds) - (0.0001392 x Age). The abdam: ¢ â â € the fold is vertical and located to a inch from the belly button. It is better to call a professional, like a personal trainer, when using pays to measure body fat. Measurement sites for women - TRANDPS: - A vertical fold is taken in the part of the brain, halfway between the shoulder and the elbow. (Optional: Mark the place with a common eyebrow haalpis to accelerate the relocation of the skin fold with the thumb and the index finger of the left. Women: 10 % of 10 %: Men: ¢ âference "2 to 5 % Ã, Â € œIs: Ã ¢ âference "14 to 20 % ¢ âferences" 6 to 13 % - â € 1 Women: 21 to 24 % - Men: ¢ â Ânfor 14 to 17 % - Women: ¢ âferences more than 32 % - Men: ¢ â ferences more than 32 % - Men: ¢ â ferences more than 32 % - Men: ¢ â â € "More than 25 % of a pinion is a tool that measures the thickness of the skin fold in vain parts in the body. This technique is cheap, produces reasonably accurate results (the standard error is 3.5%, depending on the equation applied, compared to the error of 2.7% for a hydrostatically determined measurement) and is relatively fancil of managing when the coach dominates the ability to attach the skin and measuring it with skin folding pinch. Body Fat Percentages: What is the norm? Connect your measurements and body fat calculator of Livestong.com. The whole of the fold of the skin using pinnacies, according to the American Exercise Council (ACE), is the most commonly used mother to estimate a person's body composition. By using the whole Jackson-Pollock, which is considered the most accurate, the tester checks out transit. Connect these measurements to determine the percentage of body fat using these measurements, you will first need to calculate the density of the body using the equation of measurements, you will first need to calculate the density of the body using the equation of measurements, you will first need to calculate the density of the body using the equation of measurements, you will first need to calculate the density of the body using the equation of measurements, you will first need to calculate the density of the body using the equation of measurements. healthy diet. (More about this later.) After inserting the media of the place in two separate equations, the testator will have a confidential estimate of the percentage of body fat is increasing or decreasing in size." Want a simple way to estimate the percentage of fat from the body, is it not necessary? Observe this measurement. "If it is not done correctly, body fat using Siri equation, which is the same for men and women: percentage of body fat = [(4.95/body density) - In a percentage of body fat using Siri equation, which is the same for men and women: percentage of body fat pays can be inaccurate," says Mancini.4.5] x 100 All this mathematical can be complicated, so keep in remember that there are always on -line calculators to help you discover everything. Approximately one or two seconds after the trigger release, read the dial to the 0.5 mm more nearby. This can provide motivating information, especially when fat loss seems to have Platon. The determination and the inadequate media of the place are the two main sources of error when using this mother. Like most things, there are advantages and disadvantages and disadvantages in the use of fat pays to measure body fat. Places of measure body fat. crease of the armpit and nipple. The measurements are taken grabbing - with the thumb and index finger - a fold of skin and any subcutom fat (soft) that accompanies and pulling the skin away from mothers. The initial configuration of goals must be focused on small objectives How to lose 10% body weight or change from a category of body fat classification to the next. Â ¢ â â € ours minus readings - in each place, but wait in the mother 15 seconds between between between between between the two sexes. The procedure for measuring the folds of the skin is as follows: Identify the anathamic location of the skin fold. Take the dash day. How to obtain precise measurements of the pin - squeeze the skin of the skin fold is 1 centimeter above the place. The media performed after the exercise can lead to superrestimation due to the transfers of fluid to the skin, so it is better to do PINHAAA media. Crong Image: Dusan Ilic/ISTOCK/GETTYIMAGES, already that a lot or little body fat can come with no problems of health, it is a good idea to know how much you have. Position the perpendicular pinbellow, about 1 centimeter below the thumb and the index finger, then press the thumb. Download the Myplate application to track your calories consumed and burned for a complete image of your general health. The thigh: ¢ â Âferences this vertical fold is measurement of the skin fold is based on the belief that approximately 50% of total body fat is under the skin and involves measuring the thickness of skin folds in standard places. All used to estimate body composition in customers, the skin is compacted with the pinnion and the reading is done within 2 seconds. Body composition should be evaluated periodically over an exercise program. For men, skin skin sites are: chest: a diagonal skin taken along the way on the anterior axillary line (axili and nipple crease) thigh: a vertical skin fold taken in the middle of the hip and Knee joints in front of the skin are: TRANDPS: a vertical fold on the back of the brain carried halfway between the across thigh (shoulder) and Olecranon (elbow) of Thigh: A vertical skin taken in the middle of the hip and the knee joints in front of the thigh suprailium: a diagonal fold taken into or just anterior to, the crest of alio fat and lean mass calculator after the percentage of A client's body fat, usually is calculating their body composition in terms of fat weight and thin weight. Related diseases in obesity include heart disease, type 2 diabetes, hypertensive and stroke. Holding the pine nuts perpendicular to the place, put the pads of the pinnals to approximately 1? 4 inches of the thumb and the index finger. A mother of two measurements should be performed at each location, with at least 15 seconds between the medias to allow fat to return to its normal thickness. And while it is possible to test yourself, it is recommended that a professional perform this test for the most accurate result. These depend on the gender of the person and are always taken on the right side of the body. Since lean mass can increase in response to the exercise, regular evaluation of body composition can help clarify whether increases in body density = 1,10938 - (0.0008267 x The sum of the chest, abdam and thigh skin folds in MILAMMERS) + (0.0000016 x The square of the chest, abdam and thigh skin fold in MILAMPER) - (0.0002574 x Age). The calibers designed specifically for the measurement of the fold of the skin are the necessary equipment for this mother of body fat are According to Ace, as essential, athletic, acceptable or obesity. They are cheap that they are informed to use (for one Professional) doing measurements do not consume time that is not invasive, produce very accurate results (the standard error is 3.5 %, depending on the equation used, according to ACE) disadvantages, which can lead to errors of reliability, validity or both, include: variability between techniques (it is recommended that the same professional will consistently) the variability between The locations measured in the body, different equations can be used readings can not be accurate in people who are very thin or cheaper obesity calibers usually provide less accurate measurements of another disadvantage, detailed by a study Published in September 2015 in "High School Anthropolgicum", it is that the paners measure compacted fat and double layers of the skin, reducing the need for the results, compared to the most accurate lipimeter. "â € Â € a computed device. How men and women differ in their standards Body fat storage, different anatomial places are measured between the sexes. See how the pinnions estimate their body fat, their own and cons and everything you need to know about really taking and calculator after determining the body's body composition in terms of fatty weight and thin weight, you can help you define a realistic goal for the desired body weight. After the measurements are taken, the data are added added and applied to an equation to estimate body fat is not directly correlated with the results of the health. Results.

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